DOCUMENT RESUME

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TITLE	Keeping Peace at Home: Parenting Skills That Work. Parent & Child Videos. [Videotape].
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AVAILABLE FROM	Sunburst Communications, 101 Castleton Street, P.O. Box 40, Pleasantville, NY 10570-9807 (37-minute videotape, $89.95). Tel: 800-431-1934 (Toll Free); Tel: 914-747-3310; Fax: 914-747-4109; e-mail: service@nysunburst.com; Web site: http://www.sunburst.com.
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ABSTRACT

While conflict is a normal part of family life, there are ways to head off fights before they begin or peaceably resolve those conflicts parents cannot stop. This videotape-based parent workshop program builds from realistic scenarios of parent/child and sibling conflicts to present parents with the tools they need to help change the household environment. The 38-minute videotape, featuring award-winning parenting authors Adele Faber and Elaine Mazlish, uses "before" and "after" vignettes to illustrate steps for circumventing or resolving family conflicts. These steps are: (1) respecting feelings by listening and giving feelings a name; (2) managing anger, including avoiding the accusative "you," using self talk, and calming down; (3) communicating, featuring the top 10 ways to provoke conflict and the top 10 ways to engage cooperation, and how to get the facts of a situation before responding; and (4) problem solving--listening, expressing feelings, defining the problem, brainstorming solutions, and evaluating ideas and choosing ones that will work. Problem-solving strategies are shown in the context of a family meeting. The video concludes by noting that no strategy works 100 percent of the time, but that even small changes can make a big difference in the home atmosphere and how parents interact with children. Print materials accompanying the program video include a description of the program and its learning objectives, a script of the video, and reproducible hand-outs for parents and for children to use at home. (Contains 17 references.) (HTH)

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